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FOR IMMEDIATE RELEASE

Contact: Tami Pearson, Tobacco Program Coordinator, 208-737-5945

FREE TOBACCO CESSATION CLASSES OFFERED

South Central Public Health District (SCPHD) and St. Luke's Magic Valley Regional Medical Center will offer the American Cancer Society's "Fresh Start" program to help adults quit using tobacco products. The free three-week six-class program will be conducted each Monday and Thursday from April 7 through April 28. Classes will be held 6:30-7:30 p.m. in the Sunflower Room at St. Luke's Education Building, 595 Addison Avenue West, in Twin Falls.

The "Fresh Start" program is offered free of charge as a community service to Magic Valley residents. Space is limited for these classes and those wishing to attend are urged to register early. Contact Jeanette Charters, Smoking Cessation Instructor, at 308-5613 or Tami Pearson, Tobacco Program Coordinator for SCPHD, at 737-5945.

The program is specifically designed for those who want to get rid of their addiction to tobacco. Skills and knowledge levels are built to help reduce and eventually eliminate the use of tobacco. Participants in the class learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise. Smoking is the single most preventable cause of death today in the United States. More than 440,000 people die each year from using tobacco products, which averages about 1,200 people a day. For every tobacco-related death, there will be 20 others who will suffer from various health problems and a decreased quality of life.

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